

Daily Prayer

Feria

Wednesday, February 7, 2024

We enter into a time of quiet. We offer to God our selves and in the silence know that God embraces us as God's very own. We offer our hopes and our concerns through our prayers and in the silence listen for God. Today we hold in our prayers the ordinary moments in life—the trials and the joys. We begin by saying

O Lord, open our lips.

And our mouth shall proclaim your praise.

Your light springs up for the righteous

and all the peoples have seen your glory.

The First Reading

When the queen of Sheba heard of the fame of Solomon, (fame due to the name of the LORD), she came to test him with hard questions. She came to Jerusalem with a very great retinue, with camels bearing spices, and very much gold, and precious stones; and when she came to Solomon, she told him all that was on her mind. Solomon answered all her questions; there was nothing hidden from the king that he could not explain to her. When the queen of Sheba had observed all the wisdom of Solomon, the house that he had built, the food of his table, the seating of his officials, and the attendance of his servants, their clothing, his valets, and his burnt-offerings that he offered at the house of the LORD, there was no more spirit in her.

So she said to the king, 'The report was true that I heard in my own land of your accomplishments and of your wisdom, but I did not believe the reports until I came and my own eyes had seen it. Not

even half had been told me; your wisdom and prosperity far surpass the report that I had heard. Happy are your wives! Happy are these your servants, who continually attend you and hear your wisdom! Blessed be the LORD your God, who has delighted in you and set you on the throne of Israel! Because the LORD loved Israel for ever, he has made you king to execute justice and righteousness.' Then she gave the king one hundred and twenty talents of gold, a great quantity of spices, and precious stones; never again did spices come in such quantity as that which the queen of Sheba gave to King Solomon.

1 Kings 10.1-10

The Psalm

Fret not because of evildoers; ♦
be not jealous of those who do wrong.

For they shall soon wither like grass ♦
and like the green herb fade away.

Trust in the Lord and be doing good; ♦
dwell in the land and be nourished with truth.

Let your delight be in the Lord ♦
and he will give you your heart's desire.

Commit your way to the Lord and put your trust in him, ♦
and he will bring it to pass.

He will make your righteousness as clear as the light ♦
and your just dealing as the noonday.

Be still before the Lord and wait for him; ♦
do not fret over those that prosper
as they follow their evil schemes.

The law of their God is in their heart ♦
and their footsteps shall not slide.

The wicked spy on the righteous ♦
and seek occasion to slay them.

The salvation of the righteous comes from the Lord; ♦
he is their stronghold in the time of trouble.

The Lord shall stand by them and deliver them; ♦
he shall deliver them from the wicked and shall save them,
because they have put their trust in him.

Psalm 37.1-7, 32-33, 40

The Gospel Reading

Then he called the crowd again and said to them, 'Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.'

When he had left the crowd and entered the house, his disciples asked him about the parable. He said to them, 'Then do you also fail to understand? Do you not see that whatever goes into a person from outside cannot defile, since it enters, not the heart but the stomach, and goes out into the sewer?' (Thus he declared all foods clean.) And he said, 'It is what comes out of a person that defiles. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.'

Mark 7.14-23

In silence, we ask what the readings have to say to us today. Is there something that draws us more deeply into the reading? What does God have to say to us? What do we have to ask God?

When the time is right, we conclude our time of silence with the canticle

The Canticle ~ The Song of Zechariah

This is the Christ, the Chosen of God,
the one who will bring healing to the nations.

Blessed be the Lord the God of Israel, ♦
who has come to his people and set them free.

He has raised up for us a mighty Saviour, ♦
born of the house of his servant David.

Through his holy prophets God promised of old ♦
*to save us from our enemies,
from the hands of all that hate us,*

To show mercy to our ancestors, ♦
and to remember his holy covenant.

This was the oath God swore to our father Abraham: ♦
to set us free from the hands of our enemies,

Free to worship him without fear, ♦
*holy and righteous in his sight
all the days of our life.*

And you, child, shall be called the prophet of the Most High, ♦
for you will go before the Lord to prepare his way,

To give his people knowledge of salvation ♦
by the forgiveness of all their sins.

In the tender compassion of our God ♦
the dawn from on high shall break upon us,

To shine on those who dwell in darkness and the shadow of
death, ♦
and to guide our feet into the way of peace.

Luke 6.1-9

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

This is the Christ, the Chosen of God,
the one who will bring healing to the nations.

*We continue in prayer for those people and situations that we hold up before God and
continue with the concluding collect, the Lord's prayer and the closing sentences.*

The Intercessions

From the rising of the sun to its setting, let us pray to the Lord.

That the people of God in all the world
may worship in spirit and in truth,

let us pray to the Lord.

Lord hear our prayer.

That the Church may discover again that unity which is the
Father's will,

let us pray to the Lord.

Lord hear our prayer.

That the nations of the earth
may seek after the ways that make for peace,

let us pray to the Lord.

Lord hear our prayer.

That the whole creation, groaning in travail,
may be set free to enjoy the glorious liberty of the children of God,

let us pray to the Lord.

Lord hear our prayer.

That all who with Christ have entered the shadow of death
may rest in peace and rise in glory,

let us pray to the Lord.

Lord hear our prayer.

Let us commend the world, to which Christ showed the way,
to the mercy and protection of God.

Our prayers conclude

Almighty God,
in Christ you make all things new:
transform the poverty of our nature by the riches of your grace,
and in the renewal of our lives
make known your heavenly glory;
through Jesus Christ our Lord

[let us pray as our Saviour taught us,]

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins,
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen

We conclude

May God, who has called us out of darkness
into his marvellous light,
bless us and fill us with peace.

Amen.

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